

SEPT/OCT 2020

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

STAYING CONNECTED!

First of all, greetings and peace to you and your family! **I hope and pray everyday for you** that you may be living through this pandemic in hope and trust in God that this too “shall pass.” I know that some of you are sometimes blue, sometimes lonely and oftentimes perhaps feeling somewhat isolated.

These are **momentous, upsetting, stressful** times that you and I live in in 2020! It may seem that around every corner there’s something to be fearful, angry, or distraught over. Our minds may habitually return to the last article we read or video we watched or podcast we listened to. We may feel compelled to stay up-to-date on the latest news, out of a sense of duty, from a powerful curiosity, or a need to be on top of what’s going on so as to feel safe and prepared. However all of this emotional commotion takes a huge toll on you and me without even realizing it.

Psychologists have long studied what is called **vicarious trauma or vicarious traumatization**. This kind of trauma arises not from a first-hand experience of a traumatic event but from witnessing such an event. Such vicarious trauma has often been seen in professionals who work in fields where witnessing traumatic events or interacting with trauma survivors is common. However, it’s now known that **vicarious trauma can also affect those who are regularly exposed to traumatic events in the media**. Constant exposure to traumatic events in the media has been shown to **cause anxiety, difficulties in coping, immense fear, and feelings of hopelessness**. Perhaps you feel some of these emotions from time to time. This is especially true for those of us who have a history of trauma ourselves or just happen to be particularly sensitive.

Jesus said “blessed are the peacemakers,” and as children of God that is our calling. **Being a peacemaker, which is so needed in these tumultuous times, begins with being at peace ourselves.** A big fan of the beatitudes himself, Gandhi once said that “there is no way to peace, **peace is the way.**” The Rev. Dr. Martin Luther King Jr. told us to “**be the peace you wish to see in the world!**” In other words, one of the very best gifts we can offer **a troubled world** is letting ourselves **rest in God’s presence, resting in the Peace and Joy of Christ.**

If you feel yourself caught up in a cycle of fear, anger, anxiety and despair as you digest all the latest news of a world and people in crisis, **you owe it to yourself and the world to be kind to yourself, and take a break.** And even Jesus needed to be alone every now and then, so you know you’re in good company. In a world inundated and over-saturated with news 24-hours a day, here are some helpful suggestions on being a peacemaker beginning with **making inner peace for yourself:**

- Set limits on the consumption of news media, videos, etc. Consider taking a Sabbath from all kinds of media for a day or even longer. This will be challenging especially if you are constantly listening to or reading news on all types of electronic devices.
- If you have trouble setting limits, put notes on the devices you use reminding yourself to ask “**Is what I’m doing now nourishing for my soul?**”

- Practice noticing patterns in your thoughts and feelings around consuming traumatic news and take a break when needed.
- Make a list of things that bring you **hope, peace, and joy** and practice them. Put them in a journal.
- If you feel called to do something, then do something! Consider even the smallest gestures that could turn hopelessness and anxiety into action.
- **Make time for silent prayer everyday** and practice letting God take on the cares of the world while you rest in God's presence.
- Read **The Cross and The Lynching Tree** by James Cone and learn some new things about racism. Join me and Bishop Loya in reading this book.

Remember, your greatest contribution to God's Kingdom is to **cultivate the Kingdom within you**. Stay informed in moderation, be kind to yourself and be the Peace and Joy of Christ the world so desperately needs during this COVID-19 pandemic.

For all these reasons, I'd like to personally invite you to a "face to face" Get Together on Wednesday, August 26, 2020, at 5:00pm where you will get to be with your fellow Trinitarians that you haven't seen since March. We'll be wearing masks and socially distanced. If you can bring your own chair, please do so. If it's a headache or difficult, we'll have some chairs on hand for you. We're doing this at 5:00pm so that those of you who work will be able to participate. This will take the place of our weekly Zoom "Get Together" that Wednesday.

In closing, please offer any suggestions you might have for "staying connected" besides all the things that we are presently doing. We'd love to hear them. **Thank you again for your commitment to stewardship by keeping up your pledges and financial contributions while we haven't been able to be together.** Thank you too for your weekly support of our LIVE online Sunday service and Compline on Thursday evenings. We are somewhat unique in our "community prayer" options and maintaining a personal connection and relationship with each of you. Please let me know if you enjoyed this Newsletter. It will help us to see if we should continue publishing more throughout the pandemic.

Be safe and healthy! Know that each of you are in my daily prayers! Stay well, be good of heart and let go, let God! I miss you all very much.

Faithfully in Christ,

Fr. Rob+

Have you participated/watched an online worship service with your fellow Trinitarians? Join hands symbolically/virtually with your sisters and brother in Christ!



How to Reach Us

Address	1326 4th St., PO Box 65, Elk River, MN 55330	Phone	763-441-5482
Office Hours	Wednesdays 10:00am-4:00pm	Church proper is open for YOU!	
E-mail	office@holyltrinityelkriver.org	Website	Holytrinityelkriver.org
Twitter	Robert Cavanna	Facebook	www.facebook.com/HolyTrinityElkRiver/

The COVID Blues

So we're almost into our 6th month of dealing with COVID. 19. These words made me laugh but there's a lot of truth mixed in to consider. . . Hope you enjoy!



- 1) So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap?
- 2) Is it too early to put up the Christmas tree yet? I have run out of things to do.
- 3) When this virus thing is over with, I still want some of you to stay away from me.
- 4) If these last months have taught us anything, it's that stupidity travels faster than any virus on the planet, particularly among politicians and bureaucrats.
- 5) Just wait a second – so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right?
- 6) People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.
- 7) If you believe all this will end and we will get back to normal just because we reopen everything, raise your hand. Now slap yourself with it.
- 8) Another Saturday night in the house and I just realized the trash goes out more than me.
- 9) Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic.
- 10) Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now.
- 11) The spread of Covid-19 is based on two factors: 1. How dense the population is, and 2. How dense the population is.
- 12) Remember all those times when you wished the weekend would last forever? Well, wish granted. Happy now?
- 13) It may take a village to raise a child, but I swear it's going to take a whole vineyard to home-school one.
- 14) Did a big load of pajamas so I would have enough clean work clothes for the week.

EDUCATION: Children, Youth, Families

MEGAN CAMPBELL

I would like to request prayers for all the families, children, and teens as they get ready for school to start. Each family is trying to decide between in-person, hybrid, or distance learning with limited and constantly changing information. Prayers for clarity and discernment are appreciated!

Also, Elijah Campbell helped deliver meals for Meals on Wheels this month! If any families would like to share their children's or teen's accomplishments or prayer requests, my email is babybear729@msn.com and my cell phone is (208) 413-0619.

We're looking at some Sunday School online options. Stay tuned!

God Bless,
Megan O. Campbell



Hello everyone!!

Hope this finds you well!! As all of you know, I had been on furlough since March 17th, and have recently returned to work Aug. 3rd after a restructure and a 'new' job. I want to thank you all for your prayers and support over the last 4 1/2 months and for being there for me in a myriad of ways. It is a challenge to be back, on a new team, learning to work from home, and with new leadership. I am blessed beyond reason and oh so grateful for it all.



As I have stepped away a bit to deal with this, you have not seen my face much or heard my voice much, yet know that I have remained ever your Deacon. I have been spending much of our COVID wilderness time together seeking answers to questions like: how does this time re-shape my call? Our call as a church in living the Way of Jesus?? Our call to be Beloved Community? How do we love our neighbors when we cannot gather as community in person? How would Jesus want us to respond when racism rears its head? I have been praying, researching, reading, and discerning on these things. As I take risks and learn new things like how to Zoom or FB live, maybe I can offer a reflection or a virtual book group in the near future. I am praying that buildings can be opened to small groups so that we can pick up confirmation, or maybe hold those sessions outdoors, keeping safe distance and masks on, clearly. I would love to have a zoom where we hear each other's stories of what you have learned during this time!! Or maybe a lawn gathering where we share those stories with each other with masks on and a safe distance. Maybe September? October? God-willing and the Vestry and Fr. Rob consenting of course.

As always, Jesus beckons us to the new, even the new that feels like puzzle pieces as we feel our way through. A new that challenges us all on how to be and how to love:

A final thought for you :



And look there is Jesus, right here. Waiting to help us gather and create and keep walking ...

Love you, Holy Trinity
Deacon Georgia

Well, it has been kind of quiet, which is good news. Unfortunately, there was another leak in the pipes in the crawl space under the Parish Hall. Thanks to Jen, she caught it early, and a repair was done fairly quickly (next day).

There was a major repair that had to be done to the chimney; it was literally falling apart from the stress of the winter months. This was going to be an expensive repair, and we didn't really have a whole lot of money. There were several bids taken, and Pete Haag (Jen's husband), stepped up and offered to do the repairs for a very reasonable price (one we could readily afford). Stop by the church and see for yourself the repairs that had to be done. It was quite an undertaking.

We had a very good response to the request for lawn mowing, we are good until the middle of Sept. Thank you to all who volunteered.

Gary

PRAYER SHAWL MINISTRY AT HOLY TRINITY

As Holy Trinity moved to virtual fellowship in March, your Prayer Shawl Team did the same. As shawls were finished, they were brought to the church and Father Rob blessed them as they were needed.

In our time apart, prayer shawls or lap robes in some cases, have been delivered to Gina Cavanna, Rosemary and Roberto Sobalvarro, Annette Durst, Marilyn Bina, and Dick and Ginny Anderson.

The team working in collaboration with our Senior Warden and Father Rob also decided that High School Graduates heading for College or out into the world should take a piece of Holy Trinity with them. A plaid lap blanket that many of the members worked to tie was given to Alex Stewart at his graduation party.

We are also working on one or more Baptism Blankets or Shawls to add to our ministry. At this point we have some shawls finished and waiting for recipients. If you know of a member who needs a shawl or if you think you need one, please let the office know. The shawls and blankets are always a way of having the Blessings and prayers of our community with you.

Mary Brugger



****Team Members:** Joyce LeClaire, Daryl Herrmann, Pauline Hoffine, Shar Baughman, Rosemary Sobalvarro, Marion Marshall

****Other Helpers:** Deacon Georgia, Olive Taylor, Sandy Sisson

SERVICE

DICK ANDERSON

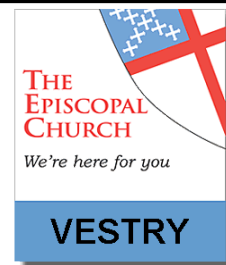
Hi everyone, it's been a long summer, this Covid-19 has affected all of us in so many ways, especially with Holy Trinity and so many other churches. I missed the vestry meeting as I was still in the hospital. We usually have a picnic in September by the vestry, sadly it had to be canceled, along with so many other activities.

At this time Ginny and I would like to thank everyone for all the cards and well wishes. I want to thank the ladies for the prayer shawls for Ginny and I. Thanks to Fr. Rob and everyone for your prayers. I still have a long way to go, I will start chemotherapy and radiation in a few weeks. Thanks again to everyone.

Dick

NOTES FROM THE VESTRY

At the March 19th meeting the Vestry voted to suspend all services, events and worship until further notice. This was based on the recommendations from ECMN and the State of Minnesota. In the meantime, the Vestry has continued to take care of the business of the church. Bills have to be paid, the buildings and grounds have to be maintained and problems addressed and solved.



Deacon Georgia asked for volunteers to set up "care circles". This involves calling parishioners to keep in touch, see how they are doing and find out if they have unmet needs. If you would like to volunteer or be called, please contact Deacon Georgia.

In April, the renter of the Quinn house, contacted Sue Nagorski to inform her that he had been furloughed from his job and asked that the rent be reduced temporarily. The Vestry approved this by electronic action. Vestry members also reviewed financial statements by Email. In June Senior Warden, Sue Nagorski contacted Vestry members regarding repair of the church building chimney which was crumbling from the top. She was able to get the work done at a fraction of the bids by contracting with Pete Haag (Jen's husband) who is a concrete mason.

The Vestry met on June 24th. (all seated at separate sanitized tables in the parish hall, wearing masks with jugs of sanitizer handy). At that time the ECMN detailed instructions to be followed regarding holding any services and activities were reviewed. The Vestry voted the adoption of the following Anti-Racism resolution: **As followers of Jesus Christ and as a multi-cultural, diverse faith community, the Wardens and Vestry of Holy Trinity Episcopal Church disavow and reject any and all forms of racism. Living into our Baptismal Covenant, we strive for justice and peace among all people and respect the dignity of every human being.**






Treasurer, Jon Lloyd worked with the Bank of Elk River to obtain a Paycheck Protection Program (PPP) loan. The Vestry voted via electronic action to approve the loan of \$11,480 to help with salary and utility expense.

The Vestry met again on August 5th. Highlights from that meeting are:

Alex Stewart applied for the \$500 Moyer scholarship. Vestry approved. The result of the survey on outdoor worship was inconclusive. It was suggested trying an outdoor gathering at 5:00pm on August 26th. (More information will be coming) The committee reviewing the church bylaws has asked for Vestry input so recommendations can be brought to the next all parish meeting. The renters gave notice so the property management company will be contacted to solicit and screen renters for September 1st availability. Junior Warden, Gary Wedl had to deal with another water leak in the basement of the church. This involved replacement of a valve and a plumbing bill of \$300. It was with deep regret and sadness that the Vestry voted to furlough our much loved Music Director, Bea Bastyr, until further notice beginning August 28th. In spite of operating with a deficit budget, we have managed to pay her regular salary every month although there were no services, choir practices and preparation from March to the present time. We applied for PPP Funds and received them. Those PPP funds will be exhausted by August 28, 2020. The Vestry expressed appreciation and gratitude for Bea's ministry to Holy Trinity and looks forward to the day when we will return to in-person worship with music and the choir singing.

Kudos to this remarkable Holy Trinity community. In spite of this awful time of separation much is being accomplished. Meals on Wheels are being delivered, CAER is getting volunteer time and donations, prayer shawls are being delivered, the grass is getting cut and the grounds maintained. Those able are attending on-line worship services on Sunday, Compline on Thursday evenings and Zoom meetings on Wednesday afternoons. In spite of separation, the spirit of love and support for each other continues to grow.

Holy Trinity Happenings - Pentecost/Fall Season

- Aug 23 10:00am **The 12th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Aug 26 5:00pm **All Parish "Get Together"** West Lawn of the Church. Bring a chair and a beverage!
- Aug 27 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Aug 30 10:00am **The 13th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Sept 2 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning. 
- Sept 3 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Sept 6 10:00am **The 14th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Sept 7 **Labor Day!! Please Be Safe!!**
- Sept 9 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning.
- Sept 10 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Sept 13 10:00am **The 15th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Great Holy Trinity Fall "Get Together" and Nat'l Back to Church Sunday**
- Sept 16 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning. 
- Sept 17 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Sept 20 10:00am **The 16th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Sept 23 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning.
- Sept 24 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Sept 25-26 **ECMN Annual Convention Weekend**
- Sept 27 10:00am **The 17th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Sept 30 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning. 
- Oct 1 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Oct 4 10:00am **The 18th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Oct 7 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning.
- Oct 8 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Oct 11 10:00am **The 19th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Oct 14 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning. 
- Oct 15 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Oct 18 10:00am **The 20th Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Oct 21 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning.
- Oct 22 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.
- Oct 25 10:00am **The 21st Sunday in Pentecost**, Online Sunday Worship —Facebook Live.
- Oct 28 2:00pm **Zoom "Get Together"** Look for link in your email Wednesday morning. 
- Oct 29 8:00pm **Evening Service of Hope and Peace. Compline Service**—Facebook Live.

If you would like a backpack blessed and can come to Holy Trinity on any Wednesday, please do so and I will bless your kid's backpack(s). I understand that your child may not be going to in-person school/classes but if they should want a backpack blessed, please bring it in or ask me to do so online.

I will also bless them in our Sunday online Sunday Service on September 13, 2020, or any other Sunday you request.

Prayers and blessings for a safe and rewarding school year!

Fr. Rob+
Deacon Georgia



Congrats to Alex Stewart on being awarded a Moyer Scholarship of \$500.00 based on his participation and involvement in Sunday School and Youth Group!

Best wishes at Bemidji State University!

Election 2020

It's not just about casting our own vote, but about working together, across The Episcopal Church in Minnesota, so we all can vote. We can empower every voice in our congregation in this work.

VOTE
faithfully

Vote Safely from Home

"It is a Christian obligation to vote, and more than that, it is the church's responsibility to help get souls to the polls." - Presiding Bishop Michael Curry

In the midst of the COVID-19 pandemic, we strongly encourage our members to stay safe by voting at home through absentee voting. This is particularly important for our seniors as they are among the most vulnerable. It's easy!! Tell your friends!

1. VISIT [MNvotes.org](https://mnvotes.org) CONFIRM you are registered.
2. REQUEST absentee ballot
3. FILL-OUT safely at home
4. MAIL-IN **as soon as you finish.**

IMPORTANT: Your returned ballot must be postmarked on or before Election Day (November 3 in the General Election) and "received by your county by the day before the county canvass, which may take place on the second or third day following the election." <https://www.sos.state.mn.us/elections-voting/other-ways-to-vote/vote-early-by-mail/>.

Go to Vote Faithfully: Election 2020 (<https://ourcathedral.org/vote-faithfully-election-2020/>) to learn more about becoming an election judge, get answers to questions about voting, learn how to equip yourself against disinformation, connect your values with your voting decisions, and MORE!

FMSC COVID-19 Update

As we plan how to safely re-open sites to volunteers amid the COVID-19 pandemic, we are planning some changes to our procedures. Before registering for a shift, please review these new safety measures:



- **If you are experiencing any symptoms related to COVID-19 or have been exposed to someone with COVID-19 please stay home.**
- **All volunteers will be required to wear masks** for the duration of their session (masks can be cloth, surgical, N95, etc.) We encourage volunteers to bring their own masks.
- All volunteers will have their temperature checked and go through a verbal symptom screening upon arrival. Temperatures must be under 100.4°F in order to pack.
- Volunteer group size is limited to five people. Please note that you **will not** be socially distanced from anyone you choose to sign up with. You **will** be socially distanced from any other groups in the packing room. If you sign up as an individual, you will likely be paired with another volunteer but **will** still be six feet from each other (at opposite ends of our packing stations).
- If you or anyone in your group develops symptoms while packing, *you and your entire group* will be asked to leave immediately.
- The packing setup has been changed to accommodate groups ranging in size from 1 to 5.
- The minimum volunteer age has been temporarily increased to ten.
- If you are in a high risk category, please stay home.
- A reservation is required to pack. No walk-ins can be accepted.
- Service hour verification is temporarily suspended.
- Please be aware of local government restrictions for your area, especially pertaining to travel.

Together Elk River Spirit Week needs your help!

August 23-29 is Together Elk River Spirit Week and Monday is dedicated to area non-profits! But we need your help.



We are looking for specific ideas to share via social media and in the newspaper prior to our upcoming Spirit Week. Please send your ideas to us via this link: business.elkriverchamber.org/form/view/20661

- Are there any projects that small groups could do for you? Something you would give a business staff or a family group to assemble, or do for you on-site?
- Do you have ideas that a family or a group (think Rotary, employee groups, scout troops etc) could do physically?
- Do you need supplies, collections etc. (winter coats, school supplies, kitchen items etc.) something easy for people to collect and donate?

For more information about Together Elk River or Spirit Week, check us out at www.TogetherElkRiver.com

The Liturgy Committee has not been functioning since March for obvious reasons. HOWEVER, Father Rob has gone above and beyond the call of duty by organizing a number of standing events each week, including the live broadcast of every Sunday service, a Wednesday Zoom meeting for members of the parish, and Thursday night Compline service. If you have not been able to participate in these events, you still have the opportunity to do so. If you don't know how to join in, just ask Father Rob, me or Jen in the office.

With what should have been an incredibly boring spring and summer, I have found myself very busy, and not just reading the many dozens of books I've read. Off and on, I have done daycare for my grandson and granddaughter, including 3-4 days a week for most of April and May. Yup, it's exhausting! In my "spare time," I have been knitting for the Prayer Shawl group, and reading.

Recently, I just started canning tomatoes and corn. This is a bit warm and tedious at this time of year, but oh so welcome come winter. I'll continue to do this for another month or so and then move on to apple sauce, apple butter and pumpkin butter, a new endeavor.

My final activity of the summer has been two brief but wonderful camping trips with a group of 8-14 others from Minnesota. We went to Superior, WI, for 4 days in July, and I'm currently with the same group for 3 days in Hinckley, MN. The stories I can tell!! (Maybe later.)

I hope everyone is well and managing this new style of life. Peace and blessings.

Respectfully submitted,
Daryl Herrmann



Our Mission Statement

Holy Trinity is a diverse, multi-cultural, growing, dynamic faith community rich in liturgy and music that serves Christ in all persons and does God's work in the world.

HOLY TRINITY EPISCOPAL CHURCH			HTEC VESTRY MEMBERS		
Priest-in-Charge:	Fr. Rob Cavanna	320-339-4852	Senior Warden:	Sue Nagorski	612-868-9263 C
Deacon:	The Rev. Georgia Steele	651-338-2946	Junior Warden:	Gary Wedl	763-427-0776
Parish Admin:	Jen Haag	763-441-5482	Service:	Dick Anderson	612-812-2581 C
Director of Music:	Bea Bastyr	763-441-4068	Liturgy:	Daryl Herrmann	269-580-9040
Head Usher:	Dan Krieger	763-441-7072	Education:	Megan Campbell	208-413-0619
Altar Guild Chair:	Gail Weber	612-850-4250	Evangelism:	Nancy Lloyd	763-370-9598 C
Women's Group Co-chairs:	Linda Krieger Pauline Hoffine	763-441-7072 763-688-4540	Pastoral Care:	Sandy Sisson	763-267-7623
Men's Group Chair:	Ben Bastyr	763-441-4068	Treasurer:	Jon Lloyd	612-434-3295 C
Youth/Sunday School:	Megan Campbell	208-413-0619	Vestry Clerk:	Joyce LeClaire	763-263-7740 C



Special Blessings to all our *September & October* Birthday Trinitarians!

September

07 — Joanie Nichols
08 — Sue Nagorski
13 — Adelle Robinson
18 — Debbie Krogman
25 — David Raitz
28 — Danny Liberto
29 — Olive Taylor
30 — Torney Marshall

October

14 — Kate Hansen
14 — Nancy Lloyd
19 — Cindy Dols-Finn
19 — Alexander Stewart
22 — Peter Andersen
23 — Elliot Robinson
27 — Emily Schroeder

"ALL PARISH 2ND READ"

In our continuing study of racism in America, this is our 2nd All Parish Read. It's suitable for men and women and youth. You can purchase it online at Barnes and Noble as well as Amazon. If you might need some help to purchase it, please let Fr. Rob know. You will find this book both informative and illuminating.

The Cross and the Lynching Tree

by James H. Cone

A landmark in the conversation about race and religion in America.

"They put him to death by hanging him on a tree." Acts 10:39

The cross and the lynching tree are the two most emotionally charged symbols in the history of the African American community. In this powerful new work, theologian James H. Cone explores these symbols and their interconnection in the history and souls of black folk. Both the cross and the lynching tree represent the worst in human beings and at the same time a thirst for life that refuses to let the worst determine our final meaning. While the lynching tree symbolized white power and black death, the cross symbolizes divine power and black life, God overcoming the power of sin and death. For African Americans, the image of Jesus, hung on a tree to die, powerfully grounded their faith that God was with them, even in the suffering of the lynching era.

In a work that spans social history, theology, and cultural studies, Cone explores the message of the spirituals and the power of the blues; the passion and the engaged vision of Martin Luther King, Jr.; he invokes the spirits of Billie Holiday and Langston Hughes, Fannie Lou Hamer and Ida B. Wells, and the witness of black artists, writers, preachers, and fighters for justice. And he remembers the victims, especially the 5,000 who perished during the lynching period. Through their witness he contemplates the greatest challenge of any Christian theology to explain how life can be made meaningful in the face of death and injustice.



Altar Guild

Gail Weber
612-850-4250

Meals on Wheels

Call or see
Cheryl Ecklund
763-443-8637

Great River Family Promise

Deb Krogman
763-225-7773

Senior Choir & Contemporary Ensemble Singers & Musicians

Call or see Bea Bastyr
763-441-4068

Chalice Bearers/ Acolytes

Contact the Church office

Feed My Starving Children

Entire parish
Contact the Church Office

Women's Group

Call or see:
Linda Krieger 763-441-7072
Pauline Hoffine 763-688-4540

Men's Group

Call or see Ben Bastyr
763.441.4068

Little Free Library Steward

Eric Hawkins

Feast Days

September

14 Holy Cross Day
21 Feast of St. Matthew, Apostle
and Evangelist
30 St. Michael and All Angels

October

4 - Francis of Assisi
18 - St. Luke, Evangelist
23 - St. James of Jerusalem
29 - St. Simon and St. Jude,
Apostles
31 - Vigil of All Saints

amazonsmile

We have a new way to increase donations! AmazonSmile will donate 0.5% of your eligible purchases. It is easy, just look for Holy Trinity Episcopal Church in Elk River or go to your search box and enter:
smile.amazon.com/ch/93-1070343

